

<<美味 Delicious Smoothi>>

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### 内容概要

Packed with goodness and bursting with flavour , smoothies are at the heightof food fashion. Quick and easy to make , great—tasting and inexpensive , they are one of the easiest ways to contribute to the recommended five portiOns a day of fruit and vegetables. Great to start the day with or as a healthy replacement for an after—school snack , smoothies are incredibly versatile as the mouthwatering recipes in this stunning collection will demOnstrate.

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